398 words÷結果_____秒×60 = _____wpm(目標 100wpm)

Bird-watching is the leisure pursuit of observing living birds in their natural habitat. The hobby has been popular in Europe for over one hundred years, and its long history has given us the typical image of people looking at birds through binoculars or the viewfinder of a camera and then writing down information about them in a notebook. Have you ever tried this popular activity? If you want to go bird-watching, here are some tips you might want to know beforehand (of course, there is nothing wrong with attempting bird-watching without any previous knowledge).

First, you need to be a good listener rather than a good watcher. Especially in places like forests where birds are usually hiding in trees or bushes and are almost invisible, you need to listen carefully for the sounds they make calling, or flapping their wings. You should behave as if you were a well-trained hunting dog, and <u>cock your ears</u>. Then point your gaze (not focusing on any particular detail) roughly in the direction the sound is coming from. This will allow you to locate birds more easily.

Second, you should blend in with their habitat. Birds are usually very cautious, so you should not be conspicuous in their territory. It is highly advisable to wear dull colors, avoid standing upright, and make as little noise as possible. Birds sitting behind leaves can detect your presence quickly and will fly away at once. In addition, when you spot a bird near you, you should not stare at it wide-eyed. One of the things that birds are most afraid of is the sight of an animal's eyeballs. In order to hide your eyes from the birds, you should wear a cap that shades your eyes, or keep your eyes half closed.

Last but not least, you should be considerate not only of the birds themselves but also of the natural environment that is their habitat. It is often noted that some bird watchers disturb the birds' habitats and damage the surroundings. Sometimes, just stepping into their territory inflicts a great deal of stress on the birds. In order to avoid this kind of problem, you should study illustrated reference books beforehand and learn about bird behavior as well as the names of different species and what they look like. After all, the most important thing for the bird watcher is the love of birds.

(398 words)

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